

SKIPPING ROUNDS

(3 Min Rounds – 30 sec. Breaks)

ROUND 1

BREAK
Burpees

Regular Skipping

Work on not breaking rhythm using figure 8 movement with the rope

ROUND 2

BREAK
Pushups

Interval Skipping

15 seconds –
Speed/high-knees

15 seconds –
recovery (regular speed)

ROUND 3

Mixed Skipping

Every 30-45 Seconds work in shadow boxing to break up the rhythm

TECHNICAL WARM-UP ROUNDS

ROUND 4

BREAK
Burpees

Slow Jabs x 30

Double Jab X 30

Hi/Lo Jab X 30

Fast 1's X 30

(use 3lbs weight)

ROUND 5

BREAK
Pushups

Slow Cross' x 30

Double Cross x 30

Hi/Lo 2's X 30

Fast 2's X 30

(use 3lbs weight)

ROUND 6

1-2'S – Slow 30

1-2's – Fast 10

1-2's – Medium 30

(no weight)

Beginner Boxers – Focus on centerline (stationary)

Advanced Boxers: move around your space using defensive and offensive footwork

SHADOW BOXING ROUNDS

ROUND 7

BREAK

**Shadow
Boxing Distant
range defense
and offense**

(Parry, Trap and
Slipping – Jab
and Cross)

ROUND 8

BREAK

Burpees

**Shadow Boxing
Close range
defense and
offense**

(Blocking and Ducks
– Hooks, Uppercuts
and Body Shots)

Pushups

ROUND 9

**Shadow
Boxing Distant
& Close range
defense and
offense**

Focus on defense
First

Move around your space – Remember to plant your feet while
throwing combinations and defending (beginners)

TECHNICAL BAG ROUNDS

ROUND 10

BREAK

**Boxing Distant
range defense
and offense**

(Parry, Trap and
Slipping – Jab
and Cross)

ROUND 11

BREAK

**Close range
defense and
offense**

(Blocking and Ducks
– Hooks, Uppercuts
and Body Shots)

ROUND 12

Pushups

**Boxing Distant
& Close range
defense and
offense**

Focus on defense
First

Move around the bag using left foot to move to the left and right foot to move to the right (never cross the feet) Also work on accuracy – the bag should not swing (don't hit hard when starting out (causes shoulder injury))

BAG CONDITIONING ROUNDS

Round 13

**Technical
body shots**

10sec on 10
sec off

**BREAK
JUMPING
SQUATS**

Round 14

**1-2's 10 sec
(Switch)**

**Power Body
shots 10 sec**

Always finish with abs and
stretching!

BREAK

**10
JUMPING
LUNGES**

Round 15

**Hi/Lo 1-2's
(or hooks)**

10 sec

(Switch)

**Running
body shots**

10 sec